## **HEALTH CENTER ACTIVITIES: February 19 - February 25**



<b>Monday</b> 02/19	Tuesday 02/20	Wednesday 02/21	Thursday 02/22	Friday 02/23
Presidents's Day	BEAUTY SHOP DAY	<b>9:30</b> Flexible Fitness	8:30 House Calls	<b>9:00</b> Sit & Fit
BEAUTY SHOP DAY	9:15 Exercise & Current	-Channel 88	9:00 Chair Dance	-Channel 88
8:30 House Calls	Events-MPR	10:15 Resident Council	-Channel 88	<b>9:15</b> Bible Study w/Dave
<b>9:15</b> Exercise & Current	<b>9:30</b> Sit & Fit	-MPR	<b>9:15</b> Exercise & Current	-MPR
Events	- Channel 88	11:15 Passing Mail	Events-MPR	<b>10:15</b> Exercise & Current
-MPR	10:15 Exercise & Current	<b>1:00</b> Chair Chi	10:15 Exercise & Current	Events—5200
9:30 Flexible Fitness	Events	-Channel 88	Events—5200	North Living Rm
-Channel 88	-5200 North Living	1:30 Vespers-MPR	North Living Rm	11:15 Passing Mail
10:00 Second Presbyterian	Rm.	<b>2:00</b> Broadway:	11:15 Passing Mail	<b>1:00</b> Popcorn
Service - Channel 88	11:15 Passing Mail	"Romeo and Juliet"	1:00 Hands in Motion	2:30 Manicures
_	12:15 Monthly Birthday	(2014)	-Channel 88	-5200 East Sitting
<b>10:00</b> Room Visits/1:1's	Luncheon-WMV ´	-Channel 88	<b>1:00</b> Room Visits/1:1's	Rm.
11:15 Passing Mail	Hearth Dining Rm.	<b>3:00</b> Conversation	2:00 Reel Rundown:	4:00 Time with Our
1:00 Manicures	1:00 Hands In Motion	Starters	"Self Made:	Spotlight Residents
-5100 & A/B	-Channel 88	& Refreshments	Bootstraps"	
& C/D Residents Only	1:00 Carol Denny	- <u>5</u> 200 North Dining	-Channel 88	
-MPR	Memorial Service	Room	3:00 Presidents Day	
<b>3:00</b> Bingo	-MPR	<b>4:15</b> Time with Our	History, Slide Show,	
-MPR	1:30 PBS: "A Conversation	Spotlight Residents	Trivia, Poetry (IN2L)	
3:00 Memory Makers			- 5200 North Living Rm.	
(Manicures)	With Oprah Winfrey and"		3:00 Shadow Boxing	
-5200 West Sitting			-Channel 88	
3:00 Chair Yoga	-Channel 88		4:00 Room Visits/1:1's 7:00 Golden Embers	
-Channel 88	3:00 Exercise w/Wellness		-SC	
<b>4:00</b> Room Visits/1:1's	-MPR		-30	
	3:00 Memory Makers			
	(Manicures)			
	-5100 West Sitting			
	3:00 Shadow Boxing			
	-Channel 88			

Satu	rday	02/
Jacu	i uay	
8:30	House Calls/I	Room
	Visits/1:1's	
9:00	Shadow Boxi	ng
	-Channel 88	0
4 O . 4 F		
TO:T2	Exercise & C	urrent
	Events-MPR	
11:15	Passing out V	Veeklv
	Calendar for	,
	Next Week &	Mail
1.20		-
1:30	Dulcimer Dre	ams
	Program	
	-MPR	
3:00	Bingo –MPR	
		ers
7.13	Music &	CIS
	Aromatherap	
	-5100 West S	itting
	_	U

Rm.
7:00 Evening Movie:
"Singing in the Rain"
(1952,G)
-Channel 88

### **24** Sunday 02/25

9:00 Devotional
w/Burt
With Exercise to
follow –5100 Family
Room
9:00 Live Streaming of

9:00 Live Streaming of Calvary United Methodist Church -Channel 88

10:00 Virtual Catholic Mass -RC1

10:15 Devotional w/
Burt With Exercise to
Follow
-5200 Family Room

1:00 Bridge Club -5200 Family Rm.

**1:00** Root Beer Floats -All Floors

3:00 Parachute Fun Keep the ball on the Parachute -MPR

**4:15** Memory Makers Music & Aromatherapy -5200 East Sitting Rm.

7:00 Evening Movie:
"Grapes of Wrath"
(1940)
-Channel 88

#### **BARGAIN BOUTIQUE HOURS**

Tuesday's 10:00-12:00 Wednesday's 1:00-3:00 Saturday's 9:00-12:00

# GROCERY STORE HOURS

Monday 9:00-3:00

Tuesday 9:00-3:00

Wednesday 9:00-2:00

Thursday 9:00-3:00

Friday 9:00-3:00

Closed Daily 12:30-1:00 (Lunch)

MPR - Multi Purpose Room

Martin Health Center

Channel 88- On Your TV in Your Room
SC - Social Center Westminster Village
RC1-Resident Center Westminster Village

### **HAPPY BIRTHDAY!**

Pat Quinn

02/20



## Name the couples!



Congratulations!!!!

Arianna Peters and Abigail Plattnee, working as a team and naming the most correct

Wedding Photos of Residents
and Team Members. We had 39
participants. Thank you to everyone who brought in photos and participated it was a lot of fun to
see All of the Wedding Pictures!!